

**TRADITIONAL MINIMUM MEAL PATTERN REQUIREMENTS**  
**For the National School Lunch Program and School Breakfast Programs**

**Serving Sizes**

\_\_\_\_\_ Appropriate grade groups are selected

**Lunch K-3 (you may use the minimum serving sizes for 4-12)**

\_\_\_\_\_ 8 ounces fluid milk as a beverage (*2 fat contents: use low-fat choices (1%, skim) if possible*)

\_\_\_\_\_ 1½ ounces Meat/Meat Alternate **or** a weekly total of 7½ ounces with a minimum serving of 1 ounce daily. *Choose low-saturated/trans fat choices whenever possible*

\_\_\_\_\_ ½ cup Vegetables/Fruits (2 different kinds)

\_\_\_\_\_ 1 serving of Grains/Breads daily (total of 8 servings over the week - *use whole grains if possible*)

**Lunch 4-12 (you may serve these minimum serving sizes to K-3)**

\_\_\_\_\_ 8 ounces fluid milk as a beverage (*2 fat contents: use low-fat choices (1%, skim) if possible*)

\_\_\_\_\_ 2 ounces Meat/Meat Alternate **or** a weekly total of 10 ounces with a minimum serving of 1 ounce daily. *Choose low-saturated/trans fat choices whenever possible*

\_\_\_\_\_ ¾ cup Vegetables/Fruits (2 different kinds)

\_\_\_\_\_ 1 serving of Grains/Breads daily (total of 8 servings over the week - *use whole grains if possible*)

**Lunch 7-12 (optional)**

\_\_\_\_\_ 8 ounces fluid milk as a beverage (*2 fat contents: use low-fat choices (1%, skim) if possible*)

\_\_\_\_\_ 3 ounces Meat/Meat Alternate **or** a weekly total of 15 ounces with a minimum serving of 1 ounce daily. *Choose low-saturated/trans fat choices whenever possible*

\_\_\_\_\_ ¾ cup Vegetables/Fruits (2 different kinds)

\_\_\_\_\_ 1 serving of Grains/Breads daily (total of 10 servings over the week - *use whole grains if possible*)

**Breakfast K-12**

\_\_\_\_\_ 8 ounces fluid milk as a beverage **or** on cereal (*2 fat contents: use low-fat choices (1%, skim)*)

\_\_\_\_\_ ½ cup fruit **or** vegetable **or** full-strength fruit or vegetable juice

\_\_\_\_\_ One serving from each of the Grains/Breads and Meat/Meat Alternate components **or**

\_\_\_\_\_ Two servings from either Grains/Breads or Meat/Meat Alternate

**ENHANCED MINIMUM MEAL PATTERN REQUIREMENTS**  
**For the National School Lunch Program and School Breakfast Programs**

**Serving Sizes**

\_\_\_\_\_ Appropriate grade groups are selected

**Lunch K-6**

\_\_\_\_\_ 8 ounces fluid milk as a beverage (*2 fat contents: use low-fat choices (1%, skim)*)

\_\_\_\_\_ 2 ounces Meat/Meat Alternate **or** a weekly total of 10 ounces with a minimum serving of 1 ounce daily. *Choose low-saturated/trans fat choices whenever possible*

\_\_\_\_\_  $\frac{3}{4}$  cup Vegetables/Fruits (2 different kinds; an extra  $\frac{1}{2}$  cup over the week)

\_\_\_\_\_ 1 serving of Grains/Breads daily (total of 12 servings over the week - *use whole grains if possible*)

**Lunch 7-12**

\_\_\_\_\_ 8 ounces fluid milk as a beverage (*2 fat contents: use low-fat choices (1%, skim)*)

\_\_\_\_\_ 2 ounces Meat/Meat Alternate **or** a weekly total of 10 ounces with a minimum serving of 1 ounce daily. *Choose low-saturated/trans fat choices whenever possible*

\_\_\_\_\_ 1 cup Vegetables/Fruits (2 different kinds)

\_\_\_\_\_ 1 serving of Grains/Breads daily (total of 15 servings over the week - *use whole grains if possible*)

**Lunch K-3 (optional)**

\_\_\_\_\_ 8 ounces fluid milk as a beverage (*2 fat contents: use low-fat choices (1%, skim)*)

\_\_\_\_\_  $1\frac{1}{2}$  ounces Meat/Meat Alternate **or** a weekly total of  $7\frac{1}{2}$  ounces with a minimum serving of 1 ounce daily. *Choose low-saturated/trans fat choices whenever possible*

\_\_\_\_\_  $\frac{3}{4}$  cup Vegetables/Fruits (2 different kinds)

\_\_\_\_\_ 1 serving of Grains/Breads daily (total of 10 servings over the week - *use whole grains if possible*)

**Breakfast K-12**

\_\_\_\_\_ 8 ounces fluid milk as a beverage **or** on cereal (*2 fat contents: use low-fat choices (1%, skim)*)

\_\_\_\_\_  $\frac{1}{2}$  cup fruit **or** vegetable **or** full-strength fruit or vegetable juice

\_\_\_\_\_ One serving from each of the Grains/Breads and Meat/Meat Alternate components **or**

\_\_\_\_\_ Two servings from either Grains/Breads or Meat/Meat Alternate

